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ALTITUDE

in-flight magazine

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INSIDE

CENTRAL MOUNTAIN AIR IN-FLIGHT MAGAZINE

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PUBLISHED BY

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Central Mountain Air magazine is published six times per year and is distributed on all Central Mountain Air flights. The points of view or opinions expressed herein are those of the authors and do not necessarily reflect the views of the publisher or Central Mountain Air. The contents of Central Mountain Air magazine are protected by copyright, including the designed advertising. Reproduction is prohibited without written consent of the publisher. ©2024

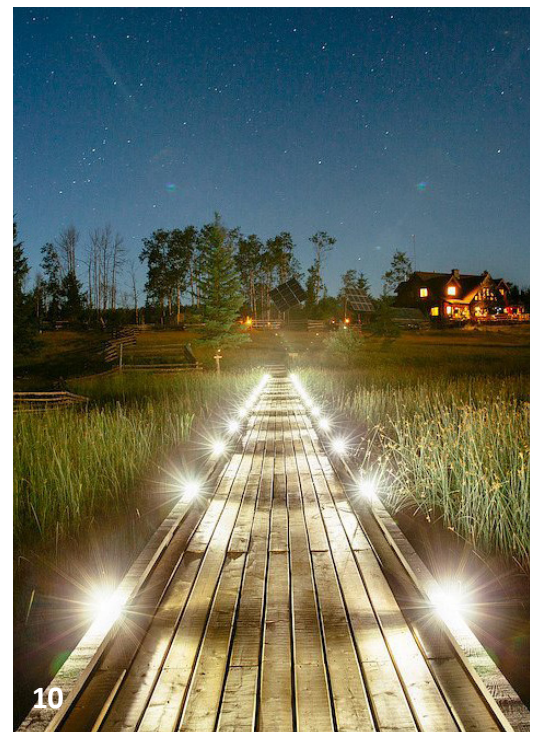


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ON THE COVER

Siwash Lake Wilderness Resort.



Douglas McCrea
President, Central Mountain Air

Prepare for adventure

With 2024 well underway, we are thrilled to announce the release of our summer flight schedule, which is now online at flycma.com and available for bookings until September 2024. Whether you're planning a relaxing getaway or an adventurous journey—or just catching up with loved ones—Central Mountain Air is dedicated to providing a seamless travel experience.

If you would like to stay updated on the latest happenings, and gain exclusive insights into our feature destinations, I encourage you visit our website and sign up for our e-newsletter, where we provide information about our airline, in-


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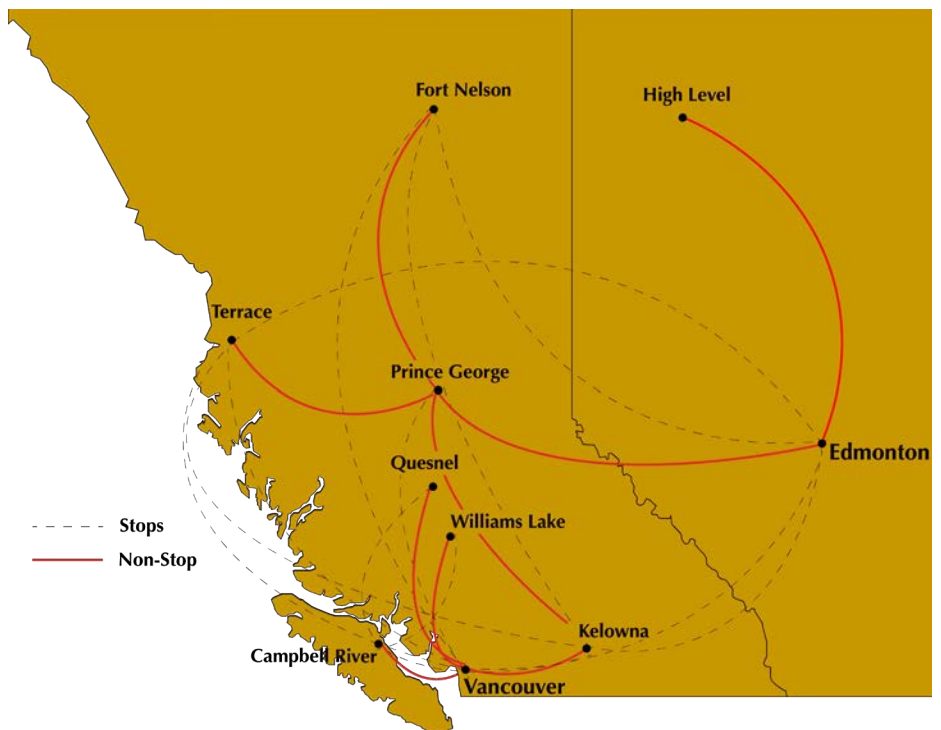
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FLAVOUR *with a view*

Granville Island restaurants take sit-down feasting to new levels

BY • JOANNE PETERS
PHOTOS • LIA CROWE



Granville Island packs a lot into its 40 or so acres: the former industrial site is home to theatres, art galleries, specialty shops and much more. Where the urban peninsula really shines, however, is in its culinary offerings.

The Public Market on Granville Island—located just 20 minutes from the Central Mountain Air destination at Vancouver airport’s South Terminal—is famous for everything from fresh crab to apple fritters the size of dinner plates. And while it’s great to make it a day of grazing, there’s nothing like sitting down for a meal at one of Granville Island’s standout restaurants with city-meets-sea vistas.

Just steps away from the Public Market, Tap & Barrel Bridges is a knockout destination. Nearly all of the restaurant’s 800 seats have breathtaking views of False Creek, the marina and the West End; there’s Burrard Street Bridge and beyond it, English Bay and the North Shore mountains. The year-round heated and covered patio, along with the extended upper balcony with a retractable roof, boast nearly 400 seats combined, with the jaunty umbrellas matching the building’s iconic sunflower yellow.

A brief bit of history: the landmark restaurant, located in what was formerly the Arrow Transfer building, first opened in 1980, with Bridges being among the first anchor tenants to move into the cultural hub op-

erated by the Canada Mortgage and Housing Corporation. The place is close to Tap & Barrel owner Daniel Frankel’s heart; his parents moved his family to Vancouver from Israel to help bring Bridges to life with a team of founders on the once-derelict site.

Other than the venue’s sunny exterior, most of the restaurant has changed, with the interior taken right down to the studs and rebuilt with a new floor plan and fixtures. It’s a more open and breezy space than before, with butcher-block tables and booths looking out to the water through floor-to-ceiling windows. There are flat-screen TVs for sports games; a glass-encased fireplace at one end; a “library room” upstairs where people can flip through books; and accents that pay tribute to the community’s marine heritage, with mirrors resembling portholes and a wall of dangling, weathered wooden buoys. There are even some of Frankel’s own artworks here and there. (Look up, waaay up.)

Josh Gale, executive chef of culinary development, has created a menu that fuses Tap & Barrel’s focus on premium comfort food with the seafood-forward cuisine for which Bridges was known.

Anyone who frequented Bridges will instantly recognize the hot seafood Caesar—the greens studded with seared garlic prawns, halibut and salmon, all topped with shaved fennel, house-baked croutons, crispy capers and Parmesan in a creamy dressing. A pleasing tomato-fennel

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broth is the savoury base for seafood cioppino, with mussels, seared prawns, halibut and Yukon gold potatoes.

Then there are the famous Bridges nachos, a locals' favourite featuring crunchy cumin-dusted tortilla chips, cheddar, smoked mozzarella, pickled jalapeños, black olives, pico de gallo, feta cheese, green onion, cilantro and sour cream. (Look for the "b" on the menu for menu items that are Bridges classics.)

Then there are newly created dishes, such as hummus and baked-to-order za'atar flatbread with whipped feta and harissa; honey Valentina lettuce wraps, with either crispy fried chicken or cauliflower, along with fillings like charred corn and roasted pumpkin seeds; and a truffle-mushroom mac and cheese cranked on the flavour scale with arugula, sharp cheddar bechamel, and Parmesan breadcrumbs. The noodles for this dish come from InGrain, a BC company; other local suppliers include Mario's Gelato and Island City Baking Co., to name a few. We love that the seafood is Ocean Wise.

The rotating tap list is purely BC, the 32 taps representing some of the best brews in the province: think Brewhall Beer Co., Wildeye Brewing, Red Truck Beer Company, House of Funk Brewing Co., Granville Island Brewing and Superflux Beer Company. Sixteen wines are on tap, and the system allows for premium options to be served by the glass. The list leans local, but this location is Tap & Barrel's first to offer international

bottles. Desserts are not an afterthought in the culinary team's hands, with up to six selections; we're suckers for the sticky toffee pudding, which consists of a warm date and molasses cake, smooth toffee sauce, Mario's vanilla bean gelato and addictive candied walnuts.

Beer and wine flights, happy hour and brunch are all available; this is a place to kick back, soak it all in, and play tourist in your own town.

At the opposite end of Granville Island is another stunning waterfront dining destination. Dockside Restaurant in the Granville Island Hotel features an elegant indoor space with double-height windows and ceilings, and a 50-foot aquarium; the outdoor setting, with beautiful greenery, flowers and even a few cherry trees, makes for serene al fresco dining.

Views here are unique, as your eyes follow the furthest reaches of False Creek toward Telus World of Science, the city's skyline across the way; there's so much marine activity to watch, from people on paddle boards to dragon boats plying the waters and sailboats heading out to sea. Distinct patio spaces total just over 200 seats, with cabana-style sections and luxe low chaises around gorgeous marble fire tables.

Ocean Wise seafood plays a starring role on executive chef Zach Steele's menu, with dishes such as seared plump scallops served with almond purée, green beans, bacon, apple and watercress and dressed in warm shallot vinaigrette; and steelhead salmon accompanied by chorizo-and-cannellini bean ragu and cavolo nero, a dark green Italian variety of kale. Halibut is featured in an innovative way; the grilled filet comes in a pool of creamed corn purée with celery, cubes of potato and carrot, and chili and chive oils. The flavours evoke the kind of nourishing chowder a mariner would crave.

Steele adeptly gives texture to his dishes; take the toothsome roasted beets and carrots with the snap of puffed barley and the creaminess of labneh in an evenly balanced tarragon vinaigrette.

There are other nice touches here: all of the restaurant's flatbreads for hand-helds (such as pesto-prosciutto arugula or hot-smoked salmon) are made in house by executive sous chef Joel Chiasson, while breads and rolls are from La Baguette, a local supplier formerly on Granville Island. Other from-here purveyors that Dockside prides itself on supporting are Two Rivers Specialty Meats, Mikuni Wild Harvest and Oyama Sausage Co.

Being in a hotel, Dockside is open for breakfast, lunch, happy hour, dinner and weekend brunch. Look for local beer by the likes of Red Truck Beer Company, Four Winds Brewing and 33 Acres Brewing Company; spirits by Vancouver Island's Ampersand Distilling Co.; and wines by BC's own Blasted Church Vineyards and Stoneboat Vineyards, among others.

Desserts here are handled with as much thought as mains. We love the idea of sharing the triple chocolate mousse—with blackout sponge cake, milk chocolate mousse, white chocolate mousse, dark chocolate mirror glaze and vanilla anglaise—and the Instagram-worthy lemon tart, with its caramel orange compote and hat of dry meringue.

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The traditional 'Namgis Big House is an inspiring epicentre of culture, where traditions come to life through ceremonial events, as well as summer cultural sharing from the T'sasata Cultural Group. The World's Tallest Totem Pole which stands outside the Big House, is an enduring symbol of heritage and artistry, has been drawing visitors from around the globe since 1973.

ATTRACTIONS

Explore the heart of Alert Bay! Find maps, information, and local insights at the Visitor Centre. Dive into thrilling whale watching or bear tours, fishing, and scenic nature trails by walking or biking. In addition to the island trails, visit our tennis court and skate parks. Stop by Culture Shock for great coffee and one-of-a-kind treasures. Don't miss the exhilarating 360° kayaking race with competitors from around the world. Immerse yourself in the perfect blend of play and culture - your adventure starts here.



You can find more information on what Alert Bay has to offer, by contacting the Alert Bay Information Centre (250)-974-5024 | INFO@ALERTBAY.CA

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Mindful stargazing

The restorative power of connecting with the night sky

BY • SUSAN LUNDY



As we stepped onto the beach in the dark, the gentle sound of the sea sliding over shoreline rocks was first to hit our senses. Then came the gentle touch of a breeze on our faces. But as we wrapped ourselves in blankets and found a soft spot to lay on the sand, it was the intensity of the starscape above us that held us spellbound.

Exhale.

And then the show began. It was mid-August, time of the annual Perseid meteor shower, and it did not disappoint. We watched the sky for hours, dozing off and waking again, as meteors streaked across the dark sky, leaving wakes of light and colour streaming behind them.

The show was dazzling, but even greater was the sense of being disconnected from earthly concerns and spending a few hours with our heads in the stars.

This is perhaps an extreme example of a new wellness trend, piggybacked by what some people are seeing as a new travel trend. Like forest bathing, star bathing—or mindful stargazing—centres on appreciating and tuning into your surroundings without the distraction of technology.

“Mindful stargazing means looking up at the night sky with wide-eyed curiosity and wonder,” notes the website of Mark Westmoquette, an ex-Zen monk, astrophysicist and author of *Mindful Thoughts for Stargazers*—a 2019 book that seems to be at the root of the star-bathing trend.

“It’s the pure, immersive experience of being with the starscape above. Mindful stargazing is not about understanding scientific concepts or cosmological theories, reading star maps or using technology. It’s about developing a first-hand, experiential knowledge of what it is to ‘be’ in this vast universe of ours.”



Siwash Lake Wilderness Resort.

Mindful Thoughts for Stargazers explores how knowledge of the workings of the universe can deepen our levels of awareness and connect us to our internal worlds. The book's ideas gained momentum during the COVID-19 pandemic, when people suddenly had time—no early morning work schedules—to spend nights with the stars.

In BC, there is no shortage of off-the-grid locations where travellers can fully immerse themselves in nature and completely unplug from the world. Along with rich Indigenous cultural and nature-based experiences, below are three locations near CMA destinations that offer the unique opportunity to view the night sky with little light pollution. With star bathing in mind, these BC travel spots are places where the night sky becomes another realm of nature with the immense power to bring about feelings of calm and connection.

◀ SIWASH LAKE WILDERNESS RESORT, SIWASH LAKE, BC

Perched on a high plateau amid a secluded, 300-acre estate, Siwash Lake Wilderness Resort has a dedicated glamping Star Camp within a private, dark-sky reserve. The remote ranch resort, located between Kamloops and the CMA destination of Williams Lake, offers an intense and luxurious star-bathing experience. Off-grid, the setting has minimal light pollution. Deluxe tents feature custom skylights over the beds, and there are star-gazing platforms equipped with SkyMaster Pro binoculars and Siwash Star Beds.

Says the website: “At Star Camp, soak under the stars in your own wood-fired hot tub in the evenings. Sleep deeply every night amid fresh air under canvas. On clear nights, snuggle under the softest linens and gaze up at the night sky from the expanse of your king bed. By day, enjoy sweeping views of the lake and wilderness from your private outdoor lounge area.”

LIBERTY WILDERNESS LODGE, LAKE BABINE, BC

For a truly remote, big-sky adventure located at Lake Babine—BC's longest natural lake—Liberty Wellness Lodge offers a unique and rustic off-grid wilderness experience.

Guests are surrounded by nature where they can reconnect with the land, water and sky. Nestled in the trees and just steps from the lake, there are endless viewing points for those looking to catch a glimpse of the stars.

Among several retreats offered at the lodge is the Collective Restoration retreat: “An invitation to rest, re-centre, reimagine and rise up, Collective Restoration [offers] healing for people and for the planet.”

Liberty Wilderness Lodge is accessed via a 30-minute boat ride from Topley Landing, which is a 90-minute drive southeast of Smithers, BC and three hours northwest of the CMA destination of Prince George.

NEMIAH VALLEY LODGE, NEMIAH VALLEY, BC

Indigenous-owned, off-grid Nemiah Valley Lodge is a place to explore and experience the outdoors at a slower pace. With stunning wilderness and immersive cultural experiences, guests can expect to engage in culture-focused activities while also taking time to relax and refresh. The lakeside private dock offers the ability to view the night sky in a vast and open setting.

Located in British Columbia's spectacular Chilcotin region, Nemiah Valley Lodge is a 2.5-hour drive southwest of the Williams Lake airport, or a 30-minute floatplane ride from Whistler Resort, with the journey ending in Xení Gwet'in lands.

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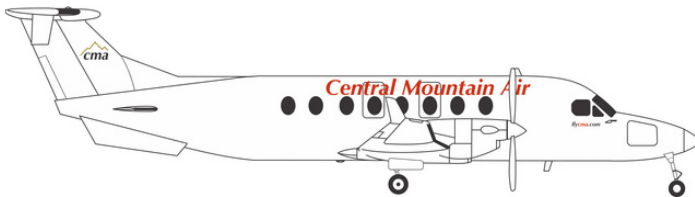
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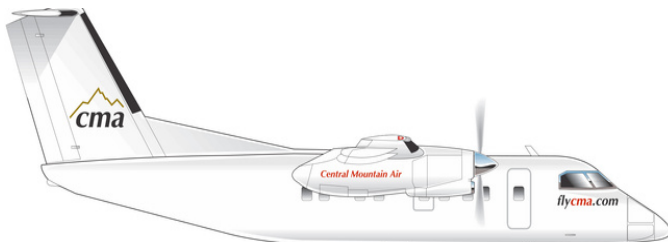
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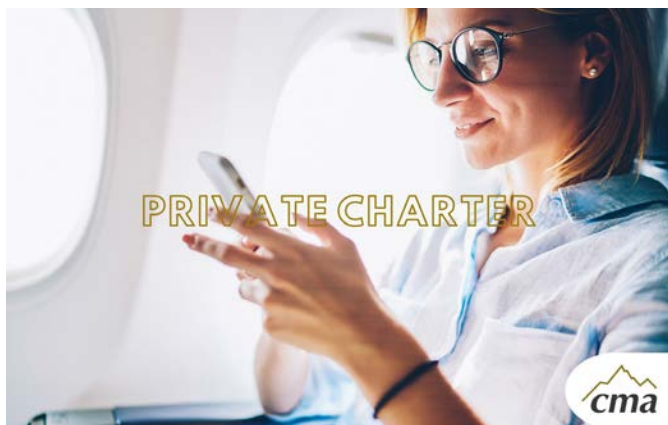


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WINTER WONDERS

Embracing the elements
in Kelowna

BY • DARCY NYBO





Most people think of Kelowna as a place to go for summer fun because of the lakes, golf courses and wineries. It's also one of the best places in the world to visit for outdoor winter adventures.

Swooshing down ski hills, walking through forests on snowshoes or exploring on groomed Nordic trails are all great ways to get out and explore this winter. There are also some invigorating hikes that include views of waterfalls and trestles and, of course, there's Canada's favourite winter pastime—ice skating.

SKIING AND SNOWBOARDING

Spend the day skiing down slopes or riding the rails at the terrain park at Big White.

And don't forget night skiing! Big White has the largest night skiing operation in Western Canada with a night lift capacity of over 5,000 people per hour.

SNOWSHOEING AND CROSS-COUNTRY SKIING

Snowshoeing and cross-country skiing are two other ways to get out and explore the great outdoors. Telemark Nordic in West Kelowna has over 50 kilometres of professionally groomed cross-country ski trails. If snowshoes are more your style, you're in luck. It has 60 kilometres of spectacular snowshoe trails through unspoiled forests of cedar and ponderosa pine. Telemark Nordic offers rentals and lessons for children and adults.



HIKING THE OKANAGAN WAY

Hiking in the winter can be exhilarating. Start with a short trek up Knox Mountain, located a few blocks from downtown Kelowna. The hike will take about 50 minutes and you will be rewarded with stunning views of the city and lake below. There's also the Mission Creek Greenway, which follows the creek and is an easy walk for all ages. There are 16.5 kilometres of trails with a parking lot at 2363 Springfield Road.

For something a bit more challenging, try Myra Canyon, located 20 minutes north of downtown Kelowna. The area boasts more than 155 kilometres of multi-use trails, two tunnels and 18 trestles. Bring your snowshoes as this is a higher-elevation hike.

There are also two waterfall hikes you can take near Kelowna. Bear Creek Provincial Park in West Kelowna has a 2.1-kilometre loop that goes by frozen waterfalls. Bring grips to wear over your hiking boots. To the south, just outside of Peachland, is Hardy Falls. It's an easy hike at any time of year with a gorgeous waterfall at the end of the path. Dogs on leashes are welcome.

ICE SKATING AND ICE CLIMBING

Tie up those skates and get your friends and family out on the ice. Stuart Park in Kelowna changes from an event venue to an outdoor skating rink in the winter. There's something satisfying about taking a few spins around the rink as you gaze out over the lake. Knowing that fine dining is just steps away is also a big plus.

Head up to Big White for a one-of-a-kind skating experience on the highest-elevation outdoor ice-skating rink in Canada. Once you've had your fill of horizontal ice, challenge yourself to climb 60 feet of vertical ice at Big White's ice climbing tower. Climbing gear is provided.

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Offers and prices are subject to change without notice. Prices include 5% Goods and Services Tax (GST).
If there is a discrepancy between this table and the tariff, the tariff will take precedence.



Britannia Mine Museum Underground Tour. Photo courtesy of Britannia Mine Museum.

Digging *FOR HISTORY*

Mines and mine sites to visit in BC

BY • JOANNE HILL

As soon as humans realized they could extract stuff from the ground which could be used or turned into beautiful things, they've been digging. Many civilizations have used the spoils recovered to fashion items of value and practicality.

It's hard to ignore the allure of gold, and there was plenty of that about in BC, and a fever to find it! BC's population exploded with the gold rush, bringing in thousands of hopefuls who were here to strike it rich. While many of them didn't find monetary riches, they did stick

around, contributing to the growth of the province both above and below ground.

Gold fever aside, BC is rich in many other minerals, and industries need all sorts of things from the belly of the earth to make them tick. From early steam engines to modern-day computers and electric cars, many of the necessary ingredients to make things run are found underground right here in BC. Interested in digging up some history? Read on for sites to visit in BC.



Britannia Mine Museum Underground tour. Photo courtesy of Britannia Mine Museum.

THE PRIDE OF THE COMMONWEALTH

If you have a yearning to go down a mine, then Squamish’s Britannia Mine Museum, once the largest copper mine in the British Commonwealth, is a great place to start. Over the 70 years it was operational, it produced more than 50 million tons of ore that yielded copper, zinc, lead, cadmium, silver and gold.

Among the many informative exhibits is a train that takes visitors into the chilly depths of the mine, where you can experience the area just like the miners of 1914. If you prefer to stay above ground, check out the other exhibits that include 17 original buildings and the immersive Boom! Exhibit, which brings the mine to life with seat-rumbling special effects.

One more level of caché—the mine has been used in both *The X-Files* and *Supernatural* TV shows.

INDUSTRIAL HISTORY AND APRÈS SKI

The Rossland Museum presents the history and heritage of the Rossland area. It has exhibits that explore the town’s main industry of mining, as well as its social, cultural and sports history (especially skiing!).

It’s located on the site of the Le Roi Gold Mine, a mine that began with the gold rush in Rossland and was open from 1890 to 1934. Here, you can learn about the geological history of the area and understand the importance of industrial mineral extraction in Canada’s history, all while getting a first-hand look at the culture that sprang up around the town.

MINING ON A MASSIVE SCALE

The Bullion Pit differs a bit from the other types of mines and mine museums. Located just three miles from Likely, BC, the astonishing man-made gorge, Bullion Pit, measures over three kilometres in length and nearly a quarter kilometre wide. It was once the largest hydraulic placer mine in the world, operating from 1892 to 1942.

The trail to access it is relatively easy, although steep in one section; it winds through the site of the Bullion Pit hydraulic mine, offering a view of the man-made canyon from the days of the gold rush. Some of the mining equipment is available to view, and a little bit of imagination helps show what it might have been like in its heyday.

MORDEN COLLIERY HISTORIC PROVINCIAL PARK

The Friends of Morden Mine advocated for the funding to preserve

the historical structures for future generations and in 2019, the provincial government committed \$1.4 million to restore the Morden Mine headframe and tippel structure in Nanaimo’s Morden Colliery Historic Provincial Park.

The structure, built in 1912, was in danger of collapse and since it is a rare surviving example of a Vancouver Island coal mine, it was deemed worthy of preservation. Coal mining and resource extraction dominated life in the region for nearly a century and drove non-native settlement too. These embassies are the most complete remaining complex of coal-mining surface structures on Vancouver Island and well worth a look.

ANOTHER ISLAND MINE

Cumberland was an early coal-mining town. Today, the Cumberland Museum tells the story of the people of Cumberland, displaying a diverse collection that explores the history of the miners who came to work here, and the community that grew up around them.

Find out about the history of labour disputes in the mining world, the history of the railway that ran between Union Bay and Cumberland, and the many businesses that served workers and settlers.

ROYAL BC MUSEUM

For those looking for an indoor-and-definitely-not-underground adventure, the Royal BC Museum in Victoria, BC offers a comprehensive look at the history of the province, including a great mining exhibit that brings the past to life in an indoor setting!

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Campbell River INSIDER

BY • CHLOE SJUBERG



*Brown's Bay Resort.
Photo by Bluetree Photography*

Where does the name of Campbell River come from?

The river was named for Dr. Samuel Campbell, the surgeon on board the HMS Plumper, a survey ship that visited the area around 1859 under the command of Captain George Henry Richards. Prior to Captain Richards' survey, Europeans did not have much of a presence in this area. It was only after European interests shifted to logging in the 1860s that they came to this area in greater numbers.

What is Campbell River best known for?

Campbell River is known for being on the edge of the wild. It's a popular tourist destination thanks to its easy access to the ocean, city and surrounding forest.

Best family activities in Campbell River?

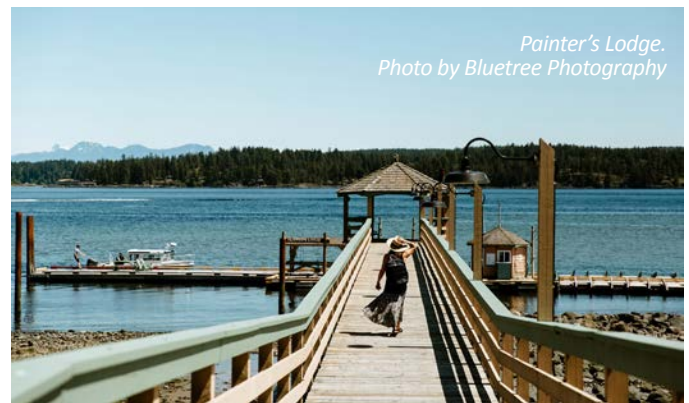
Whale watching, biking, hiking, fishing—there are so many options for enjoying the region's wild natural surroundings.

Best spot for a fantastic dinner? A hearty breakfast?

Whether it's fish and chips served dockside in a marina or surf-and-turf platters in a comfortable pub or restaurant, Campbell River cuisine offers visitors a chance to hang out with locals and savour the fine food of the region. The rich history and cultural diversity of the area provide the basis for a checklist of tasty options, featuring local seafood and the best in fresh ingredients.

Best locally owned getaway?

The central north island has a treasure trove of resorts, cottages, hotels, B&Bs and vacation rental homes, offering stunning views and easy access to the craggy shorelines and sandy beaches that dominate the landscape. From high-end luxury to low-key and relaxing accommodations, you're sure to find the perfect place to suit your travel preferences.



*Painter's Lodge.
Photo by Bluetree Photography*

How can visitors find out more about Campbell River?

Learn more and plan your visit at campbellriver.travel.

TRAVEL WITH CMA

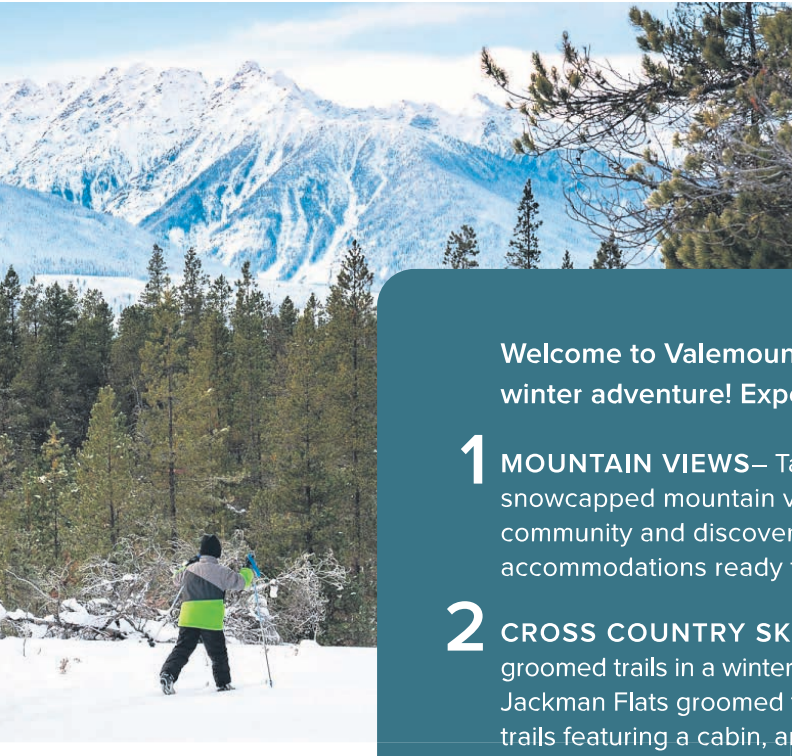
CMA flies non-stop to Campbell River from Vancouver airport's South Terminal 6 times per week.

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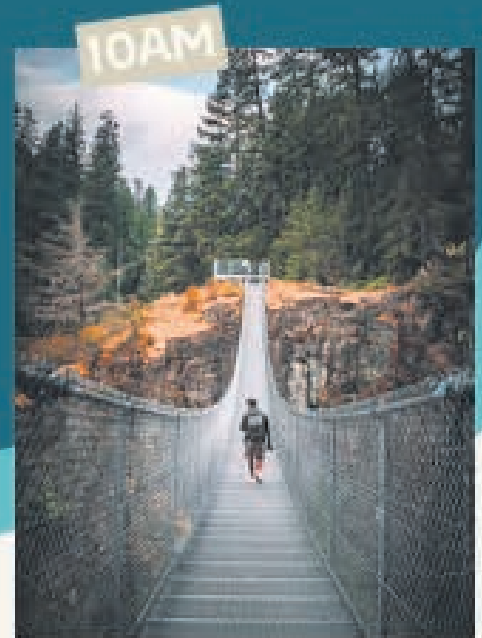
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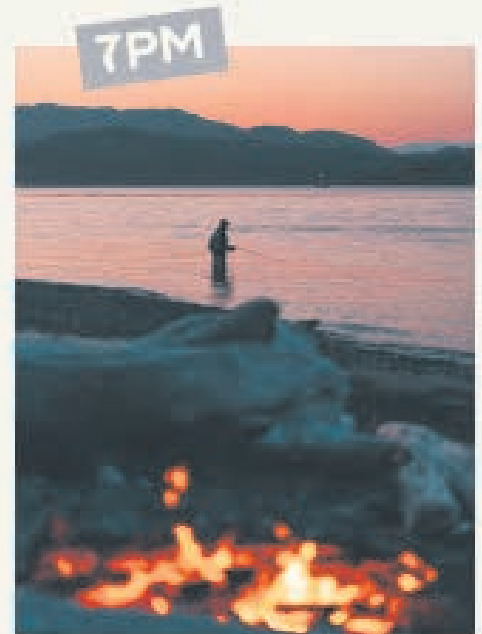
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